

# Grundy County



## Health Department

**Making connections.  
Changing lives.**



**Life's challenges can feel overwhelming.  
Don't hesitate. Get started feeling better today.**

Look inside for information on:

- Addiction and Mental Health Services
- Health and Medical Services
- Community Resources and National Hotlines

**Feeling sad, frustrated, anxious?  
Are drugs or alcohol a problem?  
You are not alone.**

High school students participating in the 2016 Illinois Youth Survey reported:

Item assessed →  Grade level ↓	Feeling so sad/hopeless almost every day for 2+ weeks that they stopped doing some usual activities	Considering suicide in the past year	Being bullied in the past year	Alcohol use in the past year	Marijuana use in the past year
10 <sup>th</sup> graders	29%	15%	31%	44%	19%
12 <sup>th</sup> graders	34%	18%	28%	61%	34%



Grundy County Health Department provides this directory as a courtesy to Youth Mental Health First Aiders trained under Project Help4U and for the adolescent community. This listing is not meant to be an endorsement or promotion for any program or service not associated with the Health Department. Information provided is designed for general information purposes only and is not intended to replace the advice of a professional healthcare provider, or recommendations for diagnosis, or treatment. You are encouraged to consult with a medical professional or mental health care provider if you have questions and before making any decisions based on this information.

**If you or someone you know may be experiencing a medical, mental health, or other crisis, you should immediately contact 911 or your local emergency services number.**

# Project Help4U Partners

## Addictions & Mental Health Resources

### Grundy County Health Department

Division of Mental Health & Substance Abuse  
1320 Union St.  
Morris, IL 60450  
Phone: 815-941-3138  
Fax: 815-941-2389



[www.grundyco.org/health/](http://www.grundyco.org/health/)

### Breaking Free

120 Gale St.  
Aurora, IL 60506  
Phone: 630-897-1003  
Fax: 630-897-1042



[www.breakingfreeinc.org](http://www.breakingfreeinc.org)

### Chestnut Health Systems

Intake: 888-924-3786



[www.chestnut.org](http://www.chestnut.org)

### Crisis Line of Grundy County

815-942-6611

[www.crisisline247.org/](http://www.crisisline247.org/)

\*Offering information and referral,  
telephone counseling and support,  
and suicide prevention and intervention.



### Crossroads Counseling

1802 N. Division St., Ste. 509  
Morris, IL 60450  
815-941-3882



<http://www.crossroads-helps.com>

### Lighthouse Counseling

200 W. 1<sup>st</sup> St.  
Coal City, IL 60416  
815-634-3994



### Linden Oaks Main Campus

852 South West Street  
Naperville, IL 60540  
Office Phone: 630-305-5500  
Health Assessment Line: 630-305-5027

Linden Oaks | **Healthy Driven**  
BEHAVIORAL HEALTH

<https://www.eehealth.org/services/behavioral-health>

### National Suicide Prevention Lifeline

No matter what problems you  
are dealing with, we want to help  
you find a reason to keep living.  
By calling 1-800-273-TALK (8255)  
you'll be connected to a skilled,  
trained counselor at a crisis center  
in your area, **anytime 24/7**.



<http://suicidepreventionlifeline.org>

### Rosecrance

Addiction services in  
Chicago and Rockford  
888-928-5278

Mental Health Services  
815-391-1000



<http://www.rosecrance.org>

## Domestic Violence, Abuse, and Assault Resources

### National Child Abuse Hotline

1-800-4-A-CHILD (1-800-422-4453)

### National Sexual Assault Hotline

1-800-656-HOPE (4673)

### National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (hearing impaired line)

### RAINN (Rape, Abuse & Incest National Network)

1-800-656-HOPE (4673)

[www.rainn.org](http://www.rainn.org)

## Children & Youth Resources

### Emergency and Referral Services

#### National Runaway Safeline

1-800-621-4000

#### Crisis Text Line

Text **START** to 741741 (not available with all cellular carriers)

#### Boys Town National Hotline

1-800-448-3000

## Resources for Special Populations

### Gay, Lesbian, Bisexual, Transgender Support Resources

#### GLBT National Help Center

1-888-843-4564

[www.glnh.org](http://www.glnh.org)

#### Trevor Project Crisis Line – LGBTQ Youth

1-866-488-7386

[www.theTrevorProject.org](http://www.theTrevorProject.org)

#### GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)

[www.glnh.org/talkline](http://www.glnh.org/talkline)

## Self-Help Resources and Groups

### Find a time and location of a meeting

#### Alcoholics Anonymous

[www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

#### Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)

[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

#### Al-Anon/Alateen

<http://al-anon.org/for-alateen>

<http://al-anon.org/home>

#### Nar-Anon Family Groups

[www.nar-anon.org/find-a-group](http://www.nar-anon.org/find-a-group)

#### Dual Recovery Anonymous

[www.draonline.org](http://www.draonline.org)

## Treatment Resources

### Substance Abuse Treatment

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. [www.theNationalCouncil.org](http://www.theNationalCouncil.org) (click on "Find a Provider")

### Mental Health Treatment

SAMHSA's National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357)

National Alliance on Mental Illness (NAMI) Information Helpline provides information and referral services. 1-800-950-NAMI (6264)

National Council for Behavioral Health can assist you in finding a local provider of behavioral health services and support. [www.theNationalCouncil.org](http://www.theNationalCouncil.org) (click on "Find a Provider")

## Other Resources

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. [www.findlaw.com](http://www.findlaw.com)

**Help is available. Treatment works.  
Recovery is possible.**

## Additional Resources

### Sexual Health/STD Testing

Grundy County Health Dept.  
Pregnancy Testing  
1320 Union St.  
Morris, IL 60450  
815-941-3411

Will County Health Dept.  
501 Ella Ave.  
Joliet, IL 60433  
815-727-8670

LaSalle Planned Parenthood  
612 Court St.  
Ottawa, IL 61350  
[www.ppil.org](http://www.ppil.org)  
815-433-4111

LaSalle County Health Dept.  
Rapid HIV testing—ONLY  
717 Etna Rd.  
Ottawa, IL 61350

### Sliding Scale Medical Clinics

Will-Grundy Medical Clinic  
213 E. Cass St.  
Joliet, IL 60432  
815-726-3377

Aunt Martha's Health Center  
1301 Copperfield Av.  
Joliet, IL 60432  
877-692-8686

LaSalle County Health Dept.  
727 Etna Rd.  
Ottawa, IL 61350  
815-433-3366  
800-247-5243

Will County Health Dept.  
501 Ella Av.  
Joliet, IL 60433  
815-727-8670

To find additional resources in and around Grundy County, please visit:

<http://www.815941help.com/>

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**Questions? Contact Grundy County Health Department**

**Phone: 815-941-3404**

**E-mail: [youthproject@grundyhealth.com](mailto:youthproject@grundyhealth.com)**



**Disclaimer:**

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**Did you receive Youth Mental Health First Aid training through Project Help4U?**

**Scan the code to record your referral information!**

